



# Recommendations for Competitive Food Standards in Utah



*Make the Easy Choice, the Healthy Choice.*

## Elementary Schools

- No competitive foods sold during meal times.
- If schools have vending they must contain only water, low-fat/ non-fat milk, 100% fruit juice, or fresh, dried or canned fruits or vegetables.

## Secondary Schools

*The following beverages may be sold or served:*

- Beverages that contain 100% fruit juice with no added sweeteners.
- Water.
- Low-fat/ non-fat milk.

*The following beverages may not be sold or served:*

- Soft drinks, sports drinks, punches, and iced tea, and other drinks containing less than 100% real fruit juice.
- Beverages that contain added caffeine.

*Fruits and vegetables should be offered for sale at any location on the school site where foods are sold (including fresh, cooked, dried, juice, or canned).*

*All snacks, sweets, or side dishes sold or served on school sites outside of the federal school meal programs shall meet all of the following standards:*

- Have 30% or less of its total calories from fat.
- Have 10% or less of its total calories from saturated plus trans fat.
- Have 35% or less of its weight from sugars, excluding sugars occurring naturally in fruits, vegetables, and dairy ingredients.

*Recommended portion limits:*

- Snacks and sweets (chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky): 1.25 oz.
- Cookies/ cereal bars: 2 oz.
- Bakery items (e.g., pastries, muffins, donuts): 3 oz.
- Frozen desserts, ice cream: 3 oz.
- Yogurt: 4-8 oz.
- Beverages (no limit on water): 12 oz.
- String cheese: 1 oz

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For more information and  
supportive research go to

[www.ActionForHealthyKids.org](http://www.ActionForHealthyKids.org)